

# HIGHLIGHTS

August 2002 **CYS / Project Together Newsletter** Vol. XVII, No. 8

## For Your Information...

The CYS-Project Together/Mental Health Association (MHA) cookbook will be available in November *and we would like to include your favorite recipe*. So this week, take the time to jot down your family culinary treasure, including ingredients, directions and an anecdote or two. It will be included in our cookbook together with the recipes from friends, volunteers and staff of MHA, CYS-PT and the Health Care Agency. The cookbooks, which will be available for a donation of \$10, will help raise funds for Children & Youth Services clients. Please submit your recipe by Monday, Aug. 12. Contact Curtis Livingston and ask for a Recipe Collection form by calling (714)796-0100. Our recipe book won't be complete without you...

The June mentor training "Keep It Simple," conducted by Veronica Chavez, East Region CYS-Project Together Volunteer Coordinator, kicked off the first in a series of traveling road show trainings. Mentor trainings are being held in each region of the county for the convenience of mentors and provide an excellent opportunity to meet fellow mentors and share ideas and experiences. Please see page 6 for the August Training schedule...

Therapists and mentors may contact their Volunteer Coordinators to request resources for families in need. The CYS-Project Together Resource Center has gently used clothing, toiletries and emergency food vouchers...

Did you know that more than any other activity, volunteering dramatically increases your life expectancy, according to a 1998 study published by the University of Michigan Research

*(continued on page 6)*

## Therapist Spotlight

**Dr. James Shafer**

## Mentors Care Enough to Include Children in Their Lives

James Shafer, Ph.D., strongly believes that mentors are a select group of people who really care.

"They can genuinely be there for the child and be an extension of what we can do in CYS (Children & Youth Services)," says Dr. Shafer. "Mentors provide the dimension of time, a willingness to listen and above all, each one cares enough to include that one child in their life."

---

**"For many of the children, they see for the first time that, 'There is some place I fit into in this society.'"**

---

Dr. Shafer feels that a child or teenager needs a mentor for a number of reasons. "I will refer a client when I feel his or her self-esteem needs support," he said. "Mentors are excellent with this because they are objective persons with whom the child can bond and respect. The second reason would be socialization. Some of the kids need improved social skills and mentors seem to have a delicate way to share guidance on appropriate and inappropriate behavior. The third reason is enrichment. Some of the kids are very isolated and their experience with a mentor expands their world. They might go to a museum or out to eat, something



some children have never experienced.

"All kids have areas of potential," says Dr. Shafer. During their time with the mentor, they can experience recognition of that potential and success, he said.

"Many of the youth in treatment may have a sense of their gifts, but don't recognize them as such until it is pointed out to them," said Dr. Shafer. "The mentor can provide recognition, encouragement and even refinement. For many of the children, they see for the first time that, 'There is some place I fit into in this society.' The mentor can help them find a path to their future," he said.

*(continued on page 2)*

## INSIDE . . .

Volunteers are Special ..... Page 3  
Calendar of Events ..... Page 4  
Projects Corner ..... Page 7

## Mentoring Matters

### WELCOME NEW MENTORS

|                              |                                    |
|------------------------------|------------------------------------|
| <b>East</b>                  | Christine Lam                      |
| <b>North</b>                 | Lana Arellanez<br>Rhonda Vincent   |
| <b>South/<br/>Costa Mesa</b> | Jennifer Del Mundo<br>Debbie Hsieh |
| <b>West</b>                  | Stanley Hall<br>Christine Pawling  |
| <b>Aspen/Tustin</b>          | Ray Santos                         |

### WELCOME NEW VOLUNTEERS

|             |                |
|-------------|----------------|
| <b>East</b> | Wendy Zambrano |
|-------------|----------------|

### THANKS TO THOSE WHO HAVE MOVED ON

|                              |  |
|------------------------------|--|
| <b>East</b>                  | Rosa Diaz<br>Jaime Jimenez<br>Quang Nguyen     |
| <b>North</b>                 | Joey Charleton<br>Michael Huynh<br>Amber Yordy |
| <b>South/<br/>Costa Mesa</b> | Divya Ghiya<br>Daisy Hufford<br>Aline Winkler  |
| <b>West</b>                  | Derek Moreno<br>Melinda Rund<br>Mike Squier    |

## There's More Than One Way to Hug a Child...

The staff and clients of Children & Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

**Anaheim Angels**  
Anaheim

**Boise Cascade**  
Garden Grove

**Iliana Bravo**  
Santa Ana

**Frank W. Cutler**  
Balboa Island

**Family Fun Center**  
Anaheim

**Glacial Garden Ice Arena**  
Anaheim

**Golfland**  
Stanton

**Mr. & Mrs. Stanley Hall**  
Midway City

**Young Joon Kim**  
Fullerton

**Cheryl Leisenfelder**  
Orange

**Local UFCW 324**  
Buena Park

**Orange County Fire Services Assn.**  
Garden Grove

**Vanessa Piscazzi**  
Buena Park

**Pizza Hut**  
Stanton

**Ralphs**  
Irvine

**Elsa Sauter**  
Balboa Island

**Jody Spellmyer**  
Costa Mesa

**Statek Corp.**  
Orange

**Vans Shoes, Inc.**  
Santa Fe Springs

## Mentors Care Enough to Include Children in Their Lives

*(continued from page 1)*

Dr. Shafer obtained his Masters in Psychology and Ph.D. in Clinical Psychology from United States International University at San Diego, where he received the Outstanding Doctor of Philosophy Award and the Outstanding Dissertation Award. He holds his B.S. degree in Industrial Technology from California Polytechnic State University at San Luis Obispo. In addition to his

position as a psychologist at CYS Los Alisos Clinic, he also performs assessments of Cal Works clients for learning disabilities and has his own private practice.

Dr. Shafer has worked with at least eight mentors and three CYS-Project Together Volunteer Coordinators since he became acquainted with the CYS-Project Together program in 1998. He has also referred at least six potential

mentors to the program and has helped make a contact with a local corporation for mentor recruitment activities.

Dr. Shafer noted that if he was looking for a mentor for himself that he would seek out someone with wisdom, a positive frame of reference and someone who has had a positive experience doing the types of things he wants to learn.—Lee Boon, CYS-Volunteer Coordinator, South Region/Laguna.

## Volunteers Are Special

## Keith Chmelar Rides the Distance

Keith Chmelar is an ophthalmology technician by day, oversees a nonprofit foundation during his off hours, rides his road bike three times a week for recreation and is a mentor on weekends. He finds his experience as a mentor with CYS-Project Together program to be both rewarding and challenging.

Keith volunteered to become a mentor in August of 1999 and has been matched with the same boy, now 12 years old, for three years.

Due to unfortunate circumstances, the child was separated from his family. The child's therapist felt it was imperative for him to be matched with a positive male role model. The child, who once had difficulties understanding and relating to the world around him, is now communicating in a positive and effective manner. He is reaching out, making contact and interacting. Now, his eyes light up with excitement when his mentor arrives and while enjoying activities on their outings.

According to Keith, the two might spend their outings at amusement parks, participating in aquatic activities and may even take in bowling or miniature golf from time to time. Keith, an avid bike rider, who was once known to peddle 100 miles a day, noticed that the boy was extremely negative about his favorite activity. The boy seemed to withdraw every time cycling was mentioned.

Keith decided to pursue this issue and learned that the child actually had a bike, an old clunker. He had never learned to ride because of bad memories he associated with it and besides, the bike wouldn't even go in the right direction. Keith spoke with the child's mother, who offered to pay for a new bike, and Keith went with the boy to make the purchase. He told the boy to choose any bike in the store and subsequently taught the boy how to ride. Now, the two cycle together often. With Keith's help, the child was able to reframe his negative attitude about



bicycling, and turn it into a positive experience. Today, he loves to cycle.

A former high school math and science teacher, Keith changed careers seven years ago to become an ophthalmology technician, a field which he enjoys immensely. In the course of his career, he became very interested in a rare eye disease called Keratoconus and subsequently started a nonprofit organization, the National Keratoconus Assistance Foundation, in order to help patients with the disease.

He chose CYS-Project Together as his volunteer commitment because he wanted to spend his spare time helping out in a meaningful way. As a mentor program, he found CYS-PT staff members were organized, goal oriented and conducted a highly professional training program, all factors which Keith has found to translate into ongoing support during the mentoring process.

"It seemed like there was such a need for it and Ken (Cornwell, CYS-Project Together Volunteer Coordinator at Aspen/Tustin) really knew what he was doing," says Keith.

Reflecting on his experience with the program, Keith said, "I have more understanding now of what a child goes through when growing up. I also have more understanding of myself as a parent figure. I have found that kids need a lot of structure and when they have it, they progress rapidly."

As for mentoring, he said, "It's very rewarding and challenging at the same time, and—it's fun! It is worth every minute of your time."—Ken Cornwell, CYS-Project Together Volunteer Coordinator, Aspen Community Services/Tustin

## Quotable Quote

*"A person's ability to choose, as well as his right to choose, is the essence of freedom. How well he learns the skills involved in the process of choosing well determines his power of self-determination, his freedom of choice."*

—Fourth of a Nation by Paul Woodring

## The Back Page Caption

## Angelic Experience

*(See Back Page for photos)*

CYS-Project Together mentors provided Children & Youth Services clients with a memorable experience when they attended a pre-game barbecue and an Anaheim Angel baseball game against the Tampa Devil Rays Saturday, July 6. Last inning dessert included an Angel win.

Photo Identification (*Top left to right*): Mentor Art Montes gives the Angel hit an enthusiastic hand; Mentor Pat Lucas enjoys evening; This child will never forget his first baseball game. (*Bottom left to right*): All were at attention when the announcer said, "Let's play ball;" Bob Passage was ready for a catch.

# AUGUST 2002

# Calendar of Events

*The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714)796-0100.*

## **Thursday-Sunday, Aug. 1-4 U.S. Open of Surfing and Beach Games**

Huntington Beach Pier Plaza  
Main & Pacific Coast Highway  
Huntington Beach  
(310)473-0411

Also known as Philips Fusion, this massive action sports event, technology festival and musical panorama draws at least 150,000 spectators from all over the world. It highlights the world's top athletes with more than 600 surfers, bicyclists, inline skaters and skateboarders. Local and national bands provide the music conducive to the oceanfront event.  
Time: Call for event times  
Cost: Free

## **Aug. 2-30 Junior Park Ranger Program**

Dana Point Youth & Group Facility  
34451 Ensenada Place  
Dana Point  
(949)661-7122

This is a program for youth 7-12 years of age interested in learning about the largest habitat on earth, the ocean. Participants will learn about plants, animals and geology of the sea and how they can make a difference in protecting them. Each of the five sessions includes creative crafts, informative walks, interpretive activities, fun break times, an opportunity to earn badges and certificates. Swimsuit, towel, sunscreen and reliable footwear are recommended.

Time: 2:30-4:30 p.m.  
Cost: \$4 per student per session

## **Aug. 2-30 Seaside Explorations**

Tides & Waves  
Dana Point Youth & Group Facility  
34451 Ensenada Place  
Dana Point  
(949)661-7122

This is a program for youth of all ages interested in exploring Dana Point Harbor's rich natural history through guided nature walks, craft projects and educational handouts. Each week features a new nature theme. Call ahead to register as space is limited.

Time: 10 a.m.-noon  
Cost: \$4 per student per session

## **Saturday & Sunday, Aug. 3 & 4 Computer Fair**

Orange County Fair Grounds  
Building # 10  
88 Fair Dr.  
Costa Mesa  
[www.lacomputerfair.com](http://www.lacomputerfair.com)

Time: 10 a.m.-5 p.m.  
Cost: Adults \$5  
Children under 10 Free

## **Wednesday, Aug. 7 Mariachis Los Gallerros Concert in the Park**

Hart Park  
701 S. Glassell  
Orange  
(714)744-7278

Time: 7 p.m.  
Cost: Free

## **Wednesday, Aug. 7 Tavio Figueroa Latin Salsa Concert in the Park**

Peppertree Park  
230 W. 1<sup>st</sup> St.  
Tustin  
(714)573-3326

Time: 7 p.m.  
Cost: Free

## **Wednesday, Aug. 7 Upstream Reggae Concert at the Park**

Brea Dam  
1600 N. Harbor Blvd.  
Fullerton  
(714)738-6545

Bring picnic dinners, lawn chairs, blankets and friends. There will be lots of children's activities.  
Time: 6:30 p.m.  
Cost: Free

## **Friday-Sunday, August 9-11 Gem, Jewelry & Bead Show**

Orange County Fairgrounds  
Building # 12  
88 Fair Dr.  
Costa Mesa  
(760)747-9215

Time: 10 a.m.-5 p.m.  
Cost: Adults \$4  
Children under 12 Free

## **Wednesday, Aug. 14 Plant Auction**

Orange County Fairgrounds  
Building # 12  
88 Fair Dr.  
Costa Mesa  
(714)545-8449  
[www.ocfair.com](http://www.ocfair.com)

This parade of plants and products in a courtyard setting is sponsored by California Nurserymen.  
Time: 6-10 p.m.  
Cost: Free

## **Wednesday, Aug. 14 Gremoli Jazz Concert at the Park**

Brea Dam  
1600 N. Harbor Blvd.  
Fullerton  
(714)738-6545

Bring picnic dinners, lawn chairs, blankets and friends. There will be lots of children's activities.  
Time: 6:30 p.m.  
Cost: Free

## **Wednesday, Aug. 14 Open Wide 70s/80s Music Concert in the Park**

Peppertree Park  
230 W. 1<sup>st</sup> St.  
Tustin  
(714)573-3326  
Time: 7 p.m.  
Cost: Free

**Wednesday, Aug. 14**  
**The Fenians**  
**Concert in the Park**

Hart Park  
 701 S. Glassell  
 Orange  
 (714)744-7278  
 This is a Celtic Blue Grass band.

Time: 7 p.m.  
 Cost: Free

**Thursdays in August**  
**Aug. 15, 22 & 29**  
**Movie Nights**

Different locations listed below  
 (714)573-3326

Time: 7:30 p.m.  
 Cost: Free

**Aug. 15**  
**"Recess—School's Out"**

Centennial Park  
 14722 Devonshire Ave.  
 Tustin

**Aug. 22**  
**"Herbie The Love Bug"**

Camino Real Park  
 13602 Park Center Land  
 Tustin

**Aug. 29**  
**"A Bugs Life"**

Cedar Grove Park  
 11385 Pioneer Rd.  
 Tustin

**Wednesday, Aug. 21**  
**Johnny Martinez &**  
**Salsa Machine**  
**Concert at the Park**

Brea Dam  
 1600 N. Harbor Blvd.  
 Fullerton  
 (714)738-6545

Bring picnic dinners, lawn chairs, blankets and friends. There will be lots of children's activities.

Time: 6:30 p.m.  
 Cost: Free

**Wednesday, Aug. 21**  
**The Torquays**  
**Concert in the Park**

Hart Park  
 701 S. Glassell  
 Orange  
 (714)744-7278

This is a Surfing Band.  
 Time: 7 p.m.  
 Cost: Free

**Friday-Sunday, Aug. 23-25**  
**Southern California Indian**  
**Center, Inc.**  
**34<sup>th</sup> Annual Pow Wow**

Orange County Fair Grounds  
 88 Fair Dr.  
 Costa Mesa  
 (714)962-6673

This is the largest Pow Wow in California featuring arts & crafts, food booths, American Indian foods, educational and job recruitment booths, dancers, singers and drums. Gourd Dance and Grand Entry will be at 6 p.m. and 8 p.m. on Friday and repeated throughout the weekend.

Time: Friday 2-10 p.m.  
 Cost: General Admission \$7  
 Seniors \$4  
 Teenagers 13-17 \$4  
 Children 6-12 \$2

**Wednesday, Aug. 28**  
**The Answer (Rock Band)**  
**Concert at the Park**

Brea Dam  
 1600 N. Harbor Blvd.  
 Fullerton  
 (714)738-6545

Bring picnic dinners, lawn chairs, blankets and friends. There will be lots of children's activities.

Time: 6:30 p.m.  
 Cost: Free

**Wednesday, Aug. 28**  
**Ernie Marchain Big Band Jazz**  
**Concert in the Park**

Hart Park  
 701 S. Glassell  
 Orange  
 (714)744-7278

Time: 7 p.m.  
 Cost: Free

**Friday-Sunday, Aug. 30-Sept. 1**  
**Harvest Festival**

300 E. Ocean Blvd.  
 Long Beach  
 (562)436-3636

This is the 30<sup>th</sup> annual Harvest Festival that features a craft market, music, food and wholesome fun.

Time: Friday 11 a.m.-8 p.m.  
 Saturday 10 a.m.-8 p.m.  
 Sunday 10 a.m.-6 p.m.  
 Cost: Adults \$8.50  
 Seniors \$7.50  
 Children 6-12 \$4.50

**Thursday-Sunday**  
**Aug. 29-Sept. 1**  
**Annual International**  
**Street Fair**

Old Towne Orange  
 Orange  
 (714)532-6260

A tradition since 1910, the Orange International Street Fair is held each Labor Day weekend to celebrate the diversity that has made Orange the community it is today. More than 150 booths offering ethnic foods to arts and crafts will line the streets of the turn-of-the-century town square.

Time: 10 a.m.-10 p.m.  
 Cost: Free

**Saturday-Sunday**  
**Aug. 31-Sept. 1**  
**Horse Show**

Orange County Fairgrounds  
 Equestrian Center  
 88 Fair Dr.  
 Costa Mesa  
 (714)708-1662

This is the best of the Go Sho Competitions

Time: 8-5 p.m.  
 Cost: Free

**Asian Garden Mall**

9200 Bolsa Ave.  
 Westminster  
 (714)894-3854

Located in the heart of Little Saigon, this Asian style façade has become a Southern California landmark graced by the life-size Happy Buddha and images of fortune, longevity and prosperity. Step inside and cool down by enjoying a sugarcane drink or papaya salad. Browse to find a blend of American and Vietnamese products, including blankets, herbs, shoes, clothing and jewelry, reflecting life in the Vietnamese community.

Time: 9 a.m.-7 p.m.  
 Cost: Free

**Monday-Friday**  
**Drop-In Recreation Program**  
**Summer Activities**

Tustin Family & Youth Center  
 14722 Newport Ave.  
 Tustin  
 (714)573-3370

Featured activities for the summer months for children 6-12 years old include a cooking class, swimming at Tustin High School, outdoor games, assistance with homework for those in

year-round school, computer learning and "Rec" on Wheels that takes participating youth to different locations for special activities.

Time: 10 a.m.-4 p.m.

Cost: Free

### Every 3<sup>rd</sup> Sunday Stanley Ranch Museum

12174 Euclid St.  
Garden Grove  
(714)530-8871

This museum, which protects the historical roots of Garden Grove's first settlers during the 1870's Village Era, is run by volunteers from the Garden Grove Historical Society, who provide a guided tour every third Sunday of the month. You can see vintage farm equipment, a restored house and barn, explore the 17 buildings on the 2-acre site, and step back into yesteryear.

Time: 1:30-4 p.m.

Cost: \$1-2 donation

### Saturdays Story Time

Santa Ana Library  
26 Civic Center Plaza  
Santa Ana  
(714)647-5250

For youngsters 12 and under, this story hour features wonderful books from new releases to old favorites.

Time: 10 a.m.

Cost: Free

### Saturdays International Speedway Racing

Grandstand Arena  
Orange County Fair & Exposition Center  
88 Fair Dr.  
Costa Mesa  
(949)492-9933

Park in the main lot off of Fair Drive

This is an exciting Saturday night, especially for teenagers.

Time: 7:30 p.m.

|                |      |
|----------------|------|
| Cost: Adults   | \$10 |
| Teens          |      |
| Under 13-17:   | \$6  |
| Children 6-12: | \$3  |



## Make Your Reservation August Training To Cover Cultural Etiquette

The August training schedule is the second series of ongoing mentor trainings that are now being conducted by CYS-Project Together in each region of the county.

Sunney Shin, North Region CYS-Project Together Volunteer Coordinator, will explore time, space and communication when interacting with people of different cultures. The trainings are at the following locations:

### Throughout August

CYS-Project Together Mentor Workshops  
Cultural Etiquette & Mentoring  
*Dates & Times are as follows:*

#### Monday, Aug. 12

East Region/Aspen  
Aspen Community Services  
1633 E.4<sup>th</sup> St., Suite 120  
Santa Ana  
(714)796-0100 for Reservations  
Time: 7-8:30 p.m.

#### Monday, Aug. 19

West Region  
14140 Beach Blvd., Suite 155  
Westminster  
(714)796-0100 for Reservations  
Time: 7-8:30 p.m.

#### Wednesday, Aug. 21

South Region.Costa Mesa  
3115 Redhill  
Costa Mesa  
(714)796-0100 for Reservations  
Time: 7-8:30 p.m.

#### Monday, Aug. 26

North Region Clinic  
377 E. Chapman Rd., Suite 110  
Placentia  
(714)796-0100 for Reservations  
Time: 7-8:30 p.m.

#### Tuesday, Aug. 27

South Region/Laguna  
21632 Wesley Dr.  
Laguna Beach  
(714)796-0100 for Reservations  
Time: 7-8:30 p.m.

## For Your Information...

*(continued on page 1)*



Center. According to the study: men who volunteered lived two and one half times longer than those who did not. Volunteers with heart problems enjoyed lower cholesterol levels and chest pains. Also, regardless of race, income and level of activity, those with many social contacts tend to live longer than those who are isolated. Volunteering helps people feel good inside and out...

## HAPPY BIRTHDAY!

|                        |      |
|------------------------|------|
| Emily Lazalde          | 8/4  |
| Dennis Sanders         | 8/6  |
| Tom Healey             | 8/7  |
| Kentaro Noguchi        | 8/7  |
| Elizabeth Soria        | 8/10 |
| Zachary Blount         | 8/14 |
| Delmre (Juel) Galdamez | 8/20 |
| Catherine Navetta      | 8/20 |
| Andre Sanz             | 8/22 |
| Tina Chang             | 8/25 |
| Stacie McKenzie        | 8/25 |
| Misty Puffer           | 8/27 |
| Jesse Bowman           | 8/28 |
| Grace Passage          | 8/30 |

## Projects Corner

# Stay Cool During “Dog Days of Summer”

This time of year is known as the “dog days of summer”—the hottest time of year that is named for the night sky constellation, Canis Major, or the big dog.



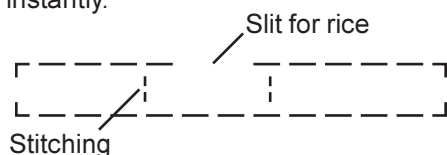
The brightest star in this constellation is Sirius, which during this time of year rises and sets with the sun. For that reason, the ancient Romans believed that Sirius joined forces with the sun and made the earth hotter. Thus, “dog days” are from July through August, even though we have learned since then that the hotter days are due to the earth’s tilt on its axis.

It is the time when the days are at their hottest and the air at its stillest. Humans have always been driven to find ways to stay cool during “dog days”. Here are some suggestions:

## Home Made Cooler Band

- 1 piece of medium weight cotton blend fabric 6" X 29"
- 2 lbs. rice
- 1 spool thread and sewing needle
- Ruler
- Iron

If you live inland and are without air conditioning, get cool on a hot day instantly.



1. Cut out band from fabric you have purchased or salvaged from a piece of clothing you have outgrown.

2. Fold in half lengthwise, so you have a band that is 3" wide. Turn under all edges  $\frac{1}{2}$ " and iron crease.
3. Leaving a 3-inch slit open in the middle of the band, sew edges of band shut. Then, measuring 10" from each end. Make two rows of stitching from top to bottom across the 3-inch side of band.
4. Open slit and fill pocket with as much rice as it will comfortably hold. Sew slit shut securely.
5. Place in freezer. Take out on a hot day and place cool rice pocket on the back of your neck and tie ends under your chin like a scarf. You should feel cooler in 1-2 minutes. Refreeze as many times as you like.

## Sun Tea

1-gallon jug or jar—Ketchup or mustard jars are wonderful for this. Ask your local restaurant or food service manager to set one aside for you.

Loose tea or tea bags  
1 gallon of hottest tap water  
Lemon or lime wedges



1. Fill your jug or jar with water.
2. Add 12-16 tea bags or teaspoons of tea.
3. Place in sun to brew for 1-2 hours.
4. Refrigerate and pour over ice with lemon or lime wedges.

Note: To prevent any chance of bacteria build up, do not brew longer than recommended and always refrigerate after brewed.

## Places to Go on Hot Day

Don't sit home and stew in the heat. Be prepared. Have a list ready of cool places to go and things to do on a hot day. Here are some suggestions:

- Window-shopping at an indoor mall
- Take Orange County Transit shuttle to the beach where the breezes blow
- Teen Club or Story Time at the library
- Nearby park or recreation center swimming pool
- Planetarium
- Fishing at Bolsa Chica Wetlands
- Tour of an arboretum
- Zaney Brainy club meeting or new toy demonstration
- Open mic at Borders Books
- Kite flying at Dana Point
- Carry an umbrella to a concert in the park
- Make sun tea
- Read a book to a cool breeze by hanging a wet towel over an open window or over a fan grate
- Go canoeing on Newport Reserve Back Bay
- Stand on a rock in the shade in your bare feet
- Go to a movie matinee

## The Back Page



### Angelic Experience

(See caption on page 3)

# HIGHLIGHTS

August 2002

CYS / Project Together Newsletter

Vol. XVII, No. 8

Published by:

County of Orange Health Care Agency/Behavioral Health Services

Children and Youth Services/*Project Together*

405 W. 5<sup>th</sup> St., Suite 436

Santa Ana, CA 92701

(714)796-0100

[www.oc.ca.gov/hca/behavioral/cyspt](http://www.oc.ca.gov/hca/behavioral/cyspt)

Sharon Modaff, Service Chief I

Nancy Robins, Program Supervisor I

Martha Murphy, Editor

#### Volunteer Coordinators

|                        |                         |               |
|------------------------|-------------------------|---------------|
| Central .....          | Martha Murphy .....     | (714)796-0100 |
| Central .....          | Peggy Evans .....       | (714)796-0117 |
| East .....             | Veronica Chavez .....   | (714)480-6756 |
| North .....            | Sunney Shin .....       | (714)577-5422 |
| South/Costa Mesa ..... | Jonathan Schiesel ..... | (714)850-8444 |
| South/Laguna .....     | Lee Boon .....          | (949)499-8614 |
| West .....             | Diane Prescott .....    | (714)896-7570 |
| Aspen/Santa Ana .....  | Adrienne Davalos .....  | (714)565-2830 |
| Aspen/Tustin .....     | Ken Cornwell .....      | (714)508-1919 |

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. *CYS- Project Together* is a volunteer mentor program for *CYS* children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



County of Orange Health Care Agency  
Behavioral Health Services/Children & Youth Services

*CYS-Project Together Highlights*

405 W. 5<sup>th</sup> Street, Suite 436

Santa Ana, CA 92701

*Address Correction Requested*

